



Molasses Sponge Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 0.8 cup cake flour
- ☐ 5 egg whites
- ☐ 5 egg yolks
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat egg whites to form moist peaks. Gradually beat in 1/4 cup white sugar and salt. Beat until very stiff and shiny.
- ☐ Beat egg yolks and 1/4 cup white sugar together until very light and fluffy. Beat in molasses, grated lemon rind and lemon juice. Stir in cake flour. Fold meringue gently into batter.
- ☐ Pour batter into an ungreased 9 inch tube pan.
- ☐ Bake for 45 minutes.
- ☐ Remove cake from oven, and invert until cool. Loosen edges, and remove cake from pan.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:13.43, Inflammation Score:-2, Nutrition Score:5.289130344339%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 139.05kcal (6.95%), Fat: 2.6g (4%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 24.65g (8.96%), Sugar: 17.8g (19.77%), Cholesterol: 97.2mg (32.4%), Sodium: 151.99mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Selenium: 14.79µg (21.13%), Manganese: 0.34mg (16.96%), Magnesium: 45.31mg (11.33%), Potassium: 291.12mg (8.32%), Vitamin B6: 0.15mg (7.47%), Vitamin B2: 0.12mg (7.09%), Iron: 1.14mg (6.35%), Copper: 0.11mg (5.51%), Phosphorus: 51.77mg (5.18%), Calcium: 49.06mg (4.91%), Vitamin B5: 0.48mg (4.76%), Folate: 17.06µg (4.26%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 130.13IU (2.6%), Zinc: 0.34mg (2.28%), Vitamin B1: 0.03mg (2.08%), Vitamin E: 0.27mg (1.81%),

Vitamin B3: 0.27mg (1.35%)